1. **Get a Kit of emergency supplies.**

   Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

   **Recommended Supplies to Include in a Basic Kit:**
   - **Water** one gallon per person per day, for drinking and sanitation
   - **Non-perishable Food** at least a three-day supply
   - Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and **extra batteries** for both
   - **Flashlight** and **extra batteries**
   - **First Aid kit**
   - **Whistle** to signal for help
   - **Filter mask** or cotton t-shirt, to help filter the air
   - **Moist towelettes, garbage bags and plastic ties** for personal sanitation
   - **Wrench** or **pliers** to turn off utilities
   - **Manual can opener** if kit contains canned food
   - **Plastic sheeting** and **duct tape** to shelter-in-place
   - **Important Family Documents**
   - **Items for unique family needs**, such as daily prescription medications, infant formula or diapers

   **Consider two kits.** In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

2. **Make a Plan** for what you will do in an emergency.

   Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

   **Develop a Family Emergency Plan.** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.** It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient. Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. **Watch television and listen to the radio for official instructions as they become available.**

   For more information, visit ready.gov or call 1-800-BE-READY